JAN - SENIOR CENTER 385-201-1065 UNITED WAY BUS 801- 374-9306 December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	A A	5	6
NATIONAL COOKIE DAY	COMFORT FOOD DAY	Three Bean Beef Chili	Hawaiian Haystacks	Garlic Beef
Rigatoni w/ Meat Sauce	Meatloaf	Tossed Salad / Dressing	Tomatoes, Peas, Cheese	Mashed Potatoes/Gravy
Green Beans ***	Roasted Mashed Potatoes	Corn Bread	Celery, Pineapple, Rice	Peas
Garlic Bread	Corn	Fruit Crisp	California Blend Vegetables	Apple Sauce
Cookie	Orange			Roll
Apple	Roll			Brownie
9	10	11	12	
Swedish Meatballs/Rice	Corn Chowder	Cheesy Beef Lasagna	Chicken Pot Pie / Biscuit	Roast Turkey
Carrots	Green Beans	Peas	Tossed Salad / Dressing	Mashed Potatoes/Gravy
Pears	Tossed Salad / Dressing	Garlic Bread	Pears	Stuffing/Carrots/Roll
Roll	Jello w/ Fruit	Cinnamon Apple Sauce		Mandarin Oranges
	Corn Bread			Cranberry Sauce / Pie
16	17	18	19	20
Country Fried Steak	Soft Shell Taco	Sweet & Sour Chicken	Beef & Vegetable Soup	Honey Baked Ham
Mashed Potatoes/Gravy	Ground Beef, Tomato,	White Rice	Tossed Salad / Dressing	Scalloped Potatoes
Mixed Vegetables	Cheese, Sour Cream,	Stir Fried Vegetables	Corn Muffin	Beets
Cottage Cheese & Fruit	Refried Beans, Salsa	Fruit Cocktail	Apple Crisp	Roll
Roll	9	Roll		Tropical Fruit
23	24	25	26	=-
Salisbury Steak	Chicken Salad Wrap	3	Christmas Holiday	Christmas Holiday
Mashed Potatoes/Gravy	Italian Pasta Salad	98		
Mixed Vegetables	Pickles	Christmas		
Pears Roll	Pears Brownie			
30			ΔI TERNΔ	TE MEALS
Chicken Parmesan w/	Roast Pork	MEALS MUST BE CALLED		
Spaghetti & Sauce	Baby Potatoes	IN TO THE SENIOR	Dec 4 - 6 Chicken Noodle Soup / Sandwich	
Green Beans	Carrots	CENTER BY NOON THE	Dec 9 - 13 Chef's Salad	
Roll	Fruit Cocktail	DAY BEFORE TO	Dec 16 - 17 Chicken w/ Rice Soup / Sandwich	
Apple Crisp	Roll Bring on	RESERVE A MEAL	Dec 18 - 20 Vegetable Soup / Sandwich	
The state of the s	385-201-1065 Dec 23 - 27 Chef's Salad			
	NEW YEAR!		Dec 30 - 31 Cr. Broccoli Soup	o / Sandwich
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